Overton Harriers & Athletic Club

Overton Harriers & Athletic Club

February 2018 Issue 487
Visit us on our Web Site at **www.overtonharriers.org.uk**
Email your reports to me at PiersPuntan@overtonharriers.org.uk

You can view or print this and previous editions from our website

March 18th	**Eastleigh 10 (Consistency League) CLUB CHAMPIONSHIPS**
25th	**Combe Gibbet**
April 8th	**Salisbury 10 (Consistency League) CLUB CHAMPIONSHIPS**
22nd	London Marathon
28th	**Hurstbourne 5**
May 13th	**Alton 10 mile**

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday

ROUND UP

Great training weekend with good company, food, drink and some running; thanks to all who helped organise.

The XC Season finished at Aldershot with the men's team gaining promotion back to Division 1. It's a big leap and we will have to get the numbers, and the talent out, to stay in that Division. Men's and Ladies teams took the ferry across to Ryde for the 10 mile, though some of us were a bit surprised by the toughness of the new course.

Combe Gibbet is just around the corner and Alistair Paul is still looking for volunteers for Marshalling and other duties.

HAMPSHIRE XC LEAGUE (MATCH 5), ALDERSHOT 10th February

Ladies

Harrier	Time	Position	Vet Position
Hannah Bliss	27:46	24th	
Claire Boyle	31:17	57th	
Sarah McCann	32:41	75th	36th
Emma Edwards	34:04	89th	49th
Liz Sandall-Ball	38:23	106th	60th

118 finished
11th Team, 12th Vet Ladies Team

Men

Harrier	Time	Position	Vet Position
Lee Tolhurst	39:30	63rd	13th
Neil Glendon	42:01	96th	33rd
Mike Bliss	42:14	101st	35th
Stuart Searle	43:07	110th	42nd
Keith Vallis	46:05	142nd	64th
Piers Puntan	49:03	159th	78th
Martin Crawshaw	50:44	169th	87th

188 finished
12th Team, 5th Vet Team

Hampshire Cross Country League
Final Tables

Ladies

	Club	B'mouth		Butser		Popham		Reading		Aldershot		Overall	
1	Winchester	14	1	20	2	11	1	8	1	69	5	122	5
2	AFD	24	2	6	1	16	2	22	2	18	1	86	6
3	Southampton	32	3	58	3	53	4	25	3			168	13
4	Basingstoke	64	5	106	6	33	3	60	5	24	2	287	15
5	Reading AC	51	4	100	5	71	5	29	4	29	3	280	16
6	Bournemouth	112	8	126	7	105	6			158	12	501	33
7	Fleet & Crookham	151	12	222	13	123	8	111	6	131	8	738	34
8	Stubbington	125	9	201	12	158	10			64	4	548	35
9	City of Salisbury	104	7	172	8	178	11	175	11	149	10	778	36
10	Reading Roadrunners	324	19	267	16	140	9	143	7	148	9	1022	41
11	Portsmouth Uni	174	13	194	11	194	13	158	8	169	13	889	45
12	Overton Harriers	139	10	322	20	182	12	277	15	156	11	1076	48
13	Poole Runners	140	11	256	15	201	14	206	12			803	52
14	Totton RC	242	15	246	14	237	16	250	13	232	17	1207	58
15	Ryde Harriers			301	18	250	17	252	14	216	16	1019	65
16	Liss Runners	426	20	448	24	281	18	336	17	203	15	1694	70
17	Eastleigh RC	313	18	383	22			313	16	252	18	1261	74

Ladies Vets Division 1

	Club	B'mouth		Butser		Popham		Reading		Aldershot		Overall	
1	Winchester	13	1	9	1	11	1	10	1	16	1	59	4
2	Reading AC	53	2	56	5	35	2	35	2	33	2	212	8
3	Bournemouth	69	5	38	2	36	3			67	6	210	16
4	AAFD	127	11	43	4	44	5	55	5	54	5	323	19
5	Reading Roadrunners	161	13	111	7	37	4	52	4	114	9	475	24
6	Totton RC	103	8	95	6	110	8	105	8	113	7	526	29
7	Overton Harriers	66	3	201	14	90	7	138	9	145	12	640	31
8	Ryde Harriers			130	9	120	9	104	7	118	10	472	35
9	Fleet & Crookham	135	12	165	12	78	6	67	6			445	3

Ladies Individual

Monique Van Nueten 57th
Liz Sandall Ball 58th

Men's Division 2

	Club	B'mouth		Butser		Popham		Reading		Aldershot		Overall	
1	Poole Runners	338	1	310	1	432	1	325	1	313	1	1286	4
2	Overton Harriers	449	2	553	3	517	2	444	2	512	4	1963	9
3	Portsmouth Uni	570	3	752	5	620	4	480	4	456	2	2126	13
4	Eastleigh RC	759	4	681	4	536	3	651	6	463	3	2439	14
5	Fleet & Crookham			979*	7	686	5	478	3	585	5	2728	20
6	Ryde Harriers	942*	7	807	6	709	6	603	5	639	6	2758	23
7	Liss Runners	870	6	1280*	8	957*	8	709	7	661	7	3197	28
8	Camberley & District												-
9	Stubbington Green												-
10	Wimborne												-

Men's Team Promoted to Division One

Men's Vets Division 1

	Club	B'mouth		Butser		Popham		Reading		Aldershot		Overall	
1	Reading Roadrunners	31	3	12	1	17	1	8	1	15	1	52	4
2	AFD	30	2	49	2	26	2	44	3	50	3	149	9
3	Overton Harriers	67	5	70	6	33	3	45	4	81	5	226	17
4	Southampton	94	9	128	12	47	5	36	2	29	2	206	18
5	Bournemouth	47	4	54	3	39	4	129	12			269	23
6	Poole AC	30	1	55	4	50	6	171	13	184	14	306	24
7	Basingstoke	88	7	73	7	70	7	80	6	144	12	311	27
8	Winchester	70	6	101	10	73	8	95	7	123	11	339	31
9	Andover	104	10	134	13	93	9	67	5	90	7	354	31
10	City of Salisbury	93	8	76	8	133	12			63	4	365	32
11	Poole Runners	170	13	56	5	182	14	97	8	121	10	444	36
12	Reading AC	154	12	216	18	194	15	122	9	107	8	577	44
13	Eastleigh RC	258	16	202	15	102	10	189	15	85	6	578	46
14	Camberley & District	112	11	211	17	150	13			114	9	587	50
15	Ryde Harriers			137	14	205	17	124	10	171	13	637	54
16	Liss Runners	226	15	319	20	226	18	174	14	211	15	837	62
17	Totton RC	328	18	321	21	299	20	239	16	219	16	1085	70

Men's Individual

Sean Holmes	30th	(7th Vet)
Lee Tolhurst	42nd	(11th Vet)
Neil Glendon	50th	(15th Vet)
Stuart Searle	63rd	(22nd Vet)
Keith Vallis	83rd	(37th Vet)
Piers Puntan	89th	(43rd Vet)

RYDE 10 **4th February 2018**

Harrier	Time	Chip Time	Position	Vet Position
Sean Holmes	59:36	59:33	9th	1st V45
Lennie Passingham	1:00:07	1:00:07	11th	1st V50
Neil Martin	1:03:23	1:03:21	31st	3rd V45
Simon Lovelock	1:03:25	1:03:22	32nd	
Stuart Searle	1:08:53	1:08:51	69th	14th V40
Piers Puntan	1:18:36	1:18:21	189th	28th V45
Gareth Juliff	1:20:00	1:19:53	203rd	
Sarah McCann	1:28:26	1:28:06	275th	12th FV45
Katie Brothers	1:32:35	1:32:14	332nd	19th FV35
Sophie Day	2:03:52	2:03:13	452nd	39th SF

459 finished
2nd Men's Team, 34th Ladies Team

Hampshire Road Race League

Current Tables

Men's Division 1

		Sum	Points	Overton		Solent		Gosport		Hayling		Victory		Stub'ton		Ryde	
1	Overton	17	627	1	70	1	32	4	133	2	71	4	144	4	111	1	66
2	Lordshill	22	675	4	96	2	59	2	66	3	81	3	137	5	156	3	80
3	Winchester	24	739	2	79	6	197	3	82	6	165	2	98	3	52	2	66
4	Stubb'ton	34	1263	3	88	9	399	8	292	1	64	6	212	2	47	5	161
5	Denmead	38	955	6	106	3	76	6	150	4	99	8	228	7	199	4	97
6	Hedge End	42	1196	5	104	4	86	5	147	8	296	5	149	8	216	7	198
7	So'ton AC	44	1561	11	416	11	409	1	24	10	346	1	25	1	20	9	321
8	Fareham	47	1575	9	406	5	172	7	170	5	135	9	318	6	185	6	189
9	PompeyJ	59	2125	8	354	7	248	10	310	7	292	10	426	9	295	8	200
10	Eastleigh	60	2523	7	324	8	336	9	306	9	403	7	226	10	301	10	627

Ladies Division 1

		Sum	Points	Overton		Solent		Gosport		Hayling		Victory		Stub'ton		Ryde	
1	Fareham	27	852	5	135	11	268	1	79	2	78	4	101	2	132	2	59
2	Salisbury	32	1001	6	157	1	89	5	137	3	106	6	158	6	192	5	162
3	IOW RR	32	1098	4	120	5	116	7	226	9	315	5	141	1	128	1	52
4	Victory	33	984	7	178	7	153	2	98	6	150	1	49	4	143	6	213
5	Gosport	34	1195	3	76	6	139	11	449	1	68	3	100	3	141	7	222
6	Alton	37	1035	2	65	8	154	6	205	5	142	7	183	5	168	4	118
7	Hardley	37	1158	8	200	3	109	3	99	4	127	8	256	8	253	3	114
8	Overton	37	1203	1	42	4	115	4	122	11	325	2	80	7	221	8	298
9	New Forest	58	1931	11	263	2	96	8	306	7	299	10	294	9	356	11	317
10	Netley	63	2414	9	253	9	258	9	439	8	307	9	288	10	562	9	307

FOXDOWN HANDICAP (RACE 4) **22nd February**

It was a very cold evening for the penultimate race of the Winter series and there were some impressive times recorded as everyone tried to keep warm. Adam recorded a massive victory following his massive 3m 59sec. PB. Terry improved his best time by 8 seconds to take the runners up spot with Keith took third as he ran around 30 sec. faster than his recent times. Piers took a well earnt 4th spot despite having a lot of marathon miles in his legs & Dave made a promising debut in his first session with us.

There were 2 other PB's with both Mark Underwood (25sec) & Hannah (28sec) both improving for the second consecutive race. Martin is flying at the moment and was only 2 seconds outside last month's PB to record the fastest time of the night. Sean was 2nd ahead of Mark Reid while Mike took family honours over Hannah.

Pos.	Harrier	Time	H'Cap	Act Time	H'Cap Time Pos
1.	A. PILBROW	29.38	3.11	26.27	11
2.	T. CLARKE	32.49	5.33	27.16	12
3.	K. VALLIS	32.51	8.53	23.58	6
4.	P. PUNTAN	33.05	7.06	25.59	10
5.	D. THOMPSON	33.11	2.01	31.10	15
6.	M. UNDERWOOD	33.12	7.27	25.45	9
7.	H. BLISS	33.25	9.45	23.40	5
8.	M. GROUNDSELL	33.34	13.14	20.20	1
9.	M. REID	33.35	11.15	22.20	3
10.	G. JULIFF	33.53	9.48	24.05	7
11.	S. HOLMES	33.57	12.53	21.04	2
12.	M. BLISS	34.11	11.08	23.03	4
13.	E. SIMPSON	34.47	2.01	32.46	16
14.	A. PAUL	35.06	4.42	30.24	14
15.	N. MARTIN	35.16	10.40	24.36	8
16.	J. HARRISON	35.53	5.38	30.15	13

The race for the Time League looks to be a head to head between Sean & Martin with Mark taking third. However….. If Martin or Mark fail to finish then, the Bliss clan are ready to pounce.

Pos	Harrier	OCT	DEC	JAN	FEB	MAR	TOTAL
1.	S. HOLMES	1	1	2	2		4
2.	M. GROUNDSELL	2	50	1	1		4
3.	M. REID	50	2	3	3		8
4.	M. BLISS	3	6	4	4		11
5.	H. BLISS	7	4	5	5		14

Terry leads the Handicap League but still needs a good run in the last race because, if there is a big field his slow run in January may have to count. Behind him 10 runners are covered by 9 points making for a very competitive race on March 22nd.

Pos	Harrier	OCT	DEC	JAN	FEB	MAR	TOTAL
1.	T. CLARK	4	1	18	2		7
2.	H. BLISS	8	7	6	7		20
3.	M. UNDERWOOD	50	10	4	6		20
4.	G. JULIFF	2	12	9	10		21
5.	M. REID	50	2	10	9		21
6.	M, GROUNDSELL	10	50	3	8		21
7.	S.HOLMES	7	4	11	11		22
8.	P. PUNTAN	50	21	1	4		26
9.	A. PAUL	6	8	13	14		27
10.	M. BLISS	3	17	12	12		27
11.	K. VALLIS	13	13	17	3		29

TRAINING WEEKEND RELAYS

	Team	Lap 1	Lap 2	Overall
1st	Dave Bush	5.49	5.39	
	Piers Puntan	6.04	5.52	
	Katie Brothers	6.48	7.01	
	Steve Edwards	6.39	6.37	**50.29**
2nd	Richard Clifford	5.21	5.31	
	Mark Dennison	7.12	7.15	
	Annette McInnes	6.49	6.46	
	Mark Underwood	5.52	5.59	**50.45**
3rd	Stuart Searle	5.23	5.44	
	Richard Francis	7.30	7.37	
	Nye Davies	7.06		
	Lorca Clifford		7.29	
	Gareth Juliff	5.41	6.09	**52.39**
4th	Sean Holmes	5.13	5.17	
	Lauren Dennison	6.40	6.57	
	Gabriel Clifford	6.40	6.34	
	Helen McMahon	8.35	8.54	**54.50**
5th	Neil Martin	5.24	5.43	
	Dan Edwards	7.04	7.15	
	Alistair Paul	6.56	6.59	
	Monique Van Nueten	7.39	7.52	**54.52**

Thanks to John Hoare and Steve Spence for doing all the timekeeping.

Congratulations to Dave Bush's Team

UPCOMING RACES

In light of the above the next races are detailed below. For those that require entry clicking on the hot link will take you to entry page

18th March 2018	Eastleigh 10	**(Consistency League)** **RACE FULL**
8th April 2018	Salisbury 10	**(Consistency League)** **RACE FULL**
13th May 2018	Alton 10 mile	
20th May 2018	Netley 10k	

DON'T FORGET THAT NETLEY INCLUDES THE CLUB BBQ – GET YOUR ENTRY IN

OHAC JANUARY 2018 PARKRUN RESULTS *from Al Stinson*

	04/02/18	11/02/18	18/02/18	25/02/18
Basingstoke junior parkrun				
Reece ELSON	10:01	09:49		09:44
Alex ELSON	11:32	10:04		10:23
Abigail SPENCER	13:54	10:57	11:05	11:04
Morgan COTTRELL			10:13	

	03/02/18	10/02/18	17/01/18	24/01/18
Basingstoke parkrun				
Dave BUSH	20:04			
Ed SIMPSON		26:47		
Claire Boyle	22:25		22:19	
Cath WHEELER	22:26			
Hulya YADSAN-APPLEBY	31:09			
Hannah OLIVER			23:01	
Terry CLARKE			23:33	26:28
Neil MARTIN				18:43
Newbury parkrun				
Sarah MCCANN	25:11			
Neil MCCANN				
Terry CLARKE	25:13	23:41		
Julia COTTRELL	27:14			
Judy HEWITT		36:32		
Piers PUNTAN		36:33		
Netley parkrun				
Claire SPENCER (K9 Assist)	19:18			
Belfast Victoria parkrun				
Judy HEWITT	38:31			
Lee-on-the-Solent parkrun				
Neil MARTIN		18:23		
Grangemoor parkrun				
Julia COTTRELL		27:01		
Frimley Lodge parkrun				
Dave BUSH			21:00	
Winchester parkrun				
Dave BUSH				19:56
Katie BROTHERS				24:48
Melksham parkrun				
Matt WATERIDGE	21:24			
Arrow Valley parkrun				
Matt WATERIDGE		20:41		
Cirencester parkrun				
Matt WATERIDGE			22:01	
Northampton parkrun				
Matt WATERIDGE				20:42
Eastbourne parkrun				
Neil MARTIN			18:50	
Southsea parkrun				
Carole DRIVER			32:18	
Cornwall parkrun				
Hulya YADSAN-APPLEBY			31:44	

Hastings parkrun				
Dave BUSH		22:05		
Piers PUNTAN			20:34	
Judy HEWITT			34:30	
Lancaster parkrun				
Cath WHEELER			23:14	
Antrim parkrun				
Judy Hewitt				33:36

Outstanding results this month:

- Ed Simpson age graded 2nd with 78.47% at Basingstoke on 10th February
- Cath Wheeler 2nd gender position at Lancaster on 17th February
- Neil Martin 3rd Basingstoke 24th February

OVERTON HARRIERS – RACE SEASON 2017/2018

The Committee have discussed the plan to assist with members taking part in the Consistency league races which should in essence provide a good opportunity to have good teams at the HRRL & Hampshire XC League races.

The following confirms the intentions of the committee:

- Compete in 7 HRRL races or 4 X/C League races and club covers the cost of next entry to Overton 5 or Gibbet.
- County XC championships – free entry
- Netley 10k - free BBQ for all.
- Free end of season party if Overton Harriers win any of the leagues in the XC/HRRL.

Note that the above excludes the 5k Newbury Park Runs & Cyclist race. Any queries contact Sean, Monique or anyone on the committee.

Hurstbourne 5, Saturday 28th April 11am

More info on the race can be found at: www.hurstbourne5.org.uk or on Facebook: www.facebook.com/HBT5RACE